



FiftyNorth Report



DECEMBER 2024



By Kerry Hjelmgren, *Director*



FIFTYNORTH HISTORY 101

Greetings FiftyNorth Members and Friends,

If you listened to the public City Council work session on Tuesday, November 19, you heard the Mayor and City Council discuss rent increases for all tenants in the NCRC building, including FiftyNorth. FiftyNorth is in the process of negotiating our 2025 lease, and helping City Council understand FiftyNorth's non-profit status and benefits to individuals and our community. On November 21, I had a productive meeting with Ben Martig, our City Administrator, and shared historical documents detailing the partnership between the City of Northfield and the Senior Center. I want to share this important history with you.


The City of Northfield owns the Northfield Community Resource Center (NCRC). This building houses FiftyNorth, along with several other non-profit organizations. FiftyNorth rents the entire southern half of the building from the City. Back in 2000, the Senior Center contributed \$1.3 million to build the "Wellness Center" – which includes the warm water pool, locker rooms, and fitness and strength training area. The Senior Center then deeded the Wellness Center portion of the building to the City of Northfield in exchange for their annual support of 50% of the Wellness Center's operating costs. With staff and Council changes over the past 24 years, the original purpose for the City of Northfield's annual contribution of 50% of the Wellness Center's operating costs got lost in the shuffle.


If you enjoy the wellness center equipment or the warm water pool today, it is here thanks to the many founding members of the Senior Center who saw the need for a dedicated fitness resource for older adults in Northfield.

The FiftyNorth Board of Directors and I are hopeful that this historical information will encourage City Council to:

- 1) lower the proposed 2025 rent increase for FiftyNorth, and
- 2) continue to support the FiftyNorth Wellness Center by renewing the City's contribution of 50% of its annual costs.

Just like our founding members advocated for the Senior Center's Wellness Center, we now need your voice. It is critical for the Mayor and City Council to understand the value of FiftyNorth to our members and to our community. Please write a letter, send an email, or have a conversation with your current and incoming City Council representatives. Let them know FiftyNorth's importance to you, and ask that they continue to support FiftyNorth.

 To **mail** a letter to Northfield City Council, send it to:
City Hall, Council Chambers
801 Washington St, Northfield, MN 55057

 To **email** all City Council members, fill out the [online contact form](#).

Thank you for advocating for FiftyNorth!

Kerry

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KEY DATES



CLOSING EARLY: FiftyNorth will close EARLY at 5pm on Monday, December 9 for an all-staff event.

CLOSED December 24 and 25

CLOSED New Years Day



To call your City Council representative, contact:

Mayor Rhonda Pownell:
507-663-1932

Council Member Brad Ness:
612-232-1190

Council Member Davin Sokup:
507-350-7144

Council Member Kathleen Holmes:
507-301-6623

Council Member Jami Reister:
507-645-7558

Council Member George Zuccolotto:
507-301-8542

Council Member Jessica Peterson
White: 612-366-8311

MEMBER NEWS

*Love warms the heart
and mitten warm
the hands...*



THE FIFTYNORTH MITTEN TREE

The mitten tree tradition continues at FiftyNorth! The tree is in the lobby and decorated with colorful paper ornaments. FiftyNorth members can donate age appropriate hats, socks and waterproof mittens or gloves and use the clothespins to add them to the tree. Let's fill up the tree for elementary kids in the Northfield schools. Donations will be accepted until December 15th.

TEMPORARILY CANCELED DURING COMMUNITY ACTION CENTER'S OPERATION JOY TUESDAY - THURSDAY, DECEMBER 10-12



Ruth's on Stafford Breakfast:
canceled Tuesday, December 10

Troubadours:
canceled Tuesday, December 10

Chime Choir:
canceled Thursday, December 12

FiftyNorth programs moved to another room:

Hook Yarn & Needle:
Tuesday, December 10 - moved to room 102



CLOSING AT 5:00pm on DECEMBER 9
for an all-staff event.



Santa's Helpers from FiftyNorth give to those in need at Three Links

I received a call from my past co-workers at Three Links that they no longer have a community partner to support their Senior Santa program.

I'm reaching out to FiftyNorth members who are able to help those in need of a gift at the Three Links Apartments. Many of the tenants do not have family or family that is close enough to visit over the holidays. The Apartments are HUD funded, section 8 units. Their list of items is simple. We all have basic needs and items of comfort that are important to our day to day.

The gifts we collect will be given to the Three Links staff to wrap and disperse to their tenants who sign up for the Senior Santa program. — Thank you for considering helping. Please call me with any questions:

Patty Ciernia, program coordinator (507) 664-3709

IF YOU CAN HELP:

Please bring gifts to the office at FiftyNorth BY DECEMBER 17. There is a table marked Three Links Care Center.

SOME SUGGESTED ITEMS
for male and females:

Personal care items; toothpaste, toothbrushes, lotion, toilet paper, nail polish, razor, soap

Puzzles, Fuzzy blankets, Hats/Gloves, Pajamas/ Lounge wear, bath towels, dish towels, nice socks, art coloring books/markers,

Tide laundry pods, dryer sheets

Snacks



MEMBER NEWS



2025 CHANGES TO FIFTYNORTH'S MEMBERSHIP & FEE STRUCTURE

MEMBERSHIP CHANGES:

The membership structure change will only impact you if you are a platinum member. To keep FiftyNorth memberships affordable and ensure programming expenses are covered, the platinum membership level will no longer be offered. Starting on January 1, 2025, all lifelong learning, art, wellness, and specialty classes will be pay-per-class. A discounted member fee and a non-member fee will be published for each class.

FEE CHANGES:

The fee structure change will impact all members and non-members.

- Open use fees, fitness class fees, and fitness group fees will increase by \$1.
- Card groups using a room only will remain at \$1/session.
- Music groups using a room and FiftyNorth equipment will increase to \$2/session.
- Non-member fee for activity groups will be \$2/session.

Thank you for supporting these changes to improve FiftyNorth's sustainability!



Message from Elaine Meyers, Operations & Membership Manager

There are currently almost 1700 members with insurance-based memberships that will expire on December 31, 2024. I can start renewing these for next year after the Medicare enrollment period ends on December 7. That will give me 17 business days to renew 1,650+ memberships. Please let me know what your insurance and membership choice will be as soon as possible beginning December 8. It only takes a minute!

Thank you, Elaine Meyers 507-664-3703



FIFTYNORTH NEWSLETTER NO LONGER DELIVERED BY MAIL

Due to the increase in mailing costs, we will no longer mail newsletters. The FiftyNorth Newsletter is always available on our website under the "News" tab. We will continue to send this link to all members with email addresses on file. You may pick up your printed copy at FiftyNorth. We're sorry for any inconvenience.

Coffee with Kerry



Meet Kerry Hjelmgren for coffee, conversation and treats in the lobby on **Tuesday, December 17 2:30pm.**



IT IS TIME FOR KERRY'S ANNUAL PERFORMANCE REVIEW.

CALL FOR COMMENTS:

The FiftyNorth Board is seeking feedback from our members regarding your experience/observation of Kerry's performance this past year.

The Executive Director position is challenging and critical to the success of FiftyNorth in serving our members and the community. Your input is helpful to the Board, and Kerry, in establishing her goals for the coming year.

- Have you had an opportunity to interact with Kerry?
- Have you observed her in action?
- Do you have suggestions for her focus in 2025?

Please email your comments to Kathietaranto@gmail.com by December 15, 2024. Thank you for your input.

Kathie Taranto — President, Board of Directors

MEMBER EVENTS

This is great family holiday entertainment!



Bob Bruce,
Snippen



Michelle Camp,
Marin



Barbara Vaile,
Sigurd



Holly Fischer,
musician

READERS THEATRE - OF SNIPPENS DILEMMA PERFORMANCE

Friday, December 6, 6:00-8:00pm

Saturday, December 7, 2:00-4:00pm

Of Snippens Dilemma
by Edna & Howard Hong, St. Olaf College
Adapted by Sylvia Langworthy

We will travel north to the frozen fjords and mountains of Norway. Here we will place one of our most favorite Holiday stories.

"I'm leaving this place... it is no place fit for a Nisse." Nisse: small gnome-like creatures who can live to be very old. The Nisse live in barns and bring good luck to the family which is good to them by bringing them enough food and a change of clothing during the Christmas holidays.

This story of unselfish love and devotion will be brought to you with Norwegian costumes, folk art, and music, which will set the stage as Snippen begins his journey of discovery. He leaves his old home, where he is no longer appreciated, to find happiness on a rich farm where life will be easier. On his journey he stops at a small farm where poverty and faith welcome him to a life of work and usefulness.

You will delight in the humor and meet the animals who help or hinder him on his journey. You will meet a troll cat, an owl, a squirrel, a rabbit, goats, chickens and a special little girl named Sonia.

Capacity: 70
Cost: \$10
Space: Rooms 103/105



Steve Jorstad,
Mora the Goat



Patsy Dew, as
Bestamore



Rhoda Van Tassel -
a Chicken



Dee Rogers
-Rabbit

MEMBER EVENTS

HOLIDAY
Art, Craft
& Author Book
FAIR

Let's go shopping at FiftyNorth!

December 6th
from 8:00 to 2:00

HAPPENING IN ROOM 103/105:

The Art, Craft vendors will delight your shopping experience with fine art, photography, jewelry, crafts for your gift giving list.

HAPPENING IN THE LOBBY:

FiftyNorth hosts local authors of mysteries, history, travel memoirs, children's books and more! A gift of a book lasts forever. All books personally signed by the author for you.

ENJOY A BOWL OF SOUP & BREAD

during the mid-day for \$5.00 while it lasts!



Celebrate the Holidays at the FiftyNorth Holiday Party!

MONDAY DECEMBER 9TH
2:00-4:00pm | room 103

You're invited to our annual holiday party, featuring seasonal music performances by a string quartet, barbershop quartet, and brass quintet from St. Olaf College. Enjoy time with friends, coffee, and sweet treats following the performance.

Happy holidays from all of us at FiftyNorth!

FREE EVENTS
Bring family & friends!

Save the dates

Merry Month of Music Holiday Events!!!

- ECLECTIC STRUMMERS & SINGERS**
Wednesday, December 4 - 1pm
- THE TROUBADOURS IN CONCERT**
Friday, December 13 - 1pm
- FIFTYNORTH BAND CONCERT**
Monday, December 16 - 4pm
- THE SEASONED SINGERS & THE CHIME CHOIR IN CONCERT**
Thursday, December 19 - 1pm

FITNESS NEWS

NEW ON-GOING FITNESS CLASS

MEDITATION 2025

Tuesdays, beginning January 7

9:30-10:30am

Learn ways to meditate to help lower stress, clear negativity from the mind and increase self-awareness, focusing on the moment to help increase creativity, patience, and tolerance. This class is an ongoing class and will meet every week. There is no need for sign up prior to the class. Dress in comfortable clothing and be ready to relax.

Instructor: Laurel Carrington

Capacity: 18

Cost: Nonmbr \$10, Mbr \$8, Fit Plus \$0

Space: Room 106



2024 IN-PERSON LAND BASED FITNESS CLASSES (updated November)

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|---|---|---|---|--|------------------------------|
| 6:00 AM | | CARDIO & STRENGTH INTERVALS (6:10-6:50) | | EXPRESS STRENGTH (6:10-6:40) | | |
| 6:30 AM | | | | | | |
| 7:00 AM | CARDIO DANCE AND DRUMSTICKS (7-7:45) | HATHA YOGA (7-7:45) | YOGA STRETCH (7-7:45) | HATHA YOGA (7-7:45) | TAI CHI (7-8) | |
| 7:30 AM | | | | | | |
| 8:00 AM | | STRENGTH AND STRETCH (8-9) | | STRENGTH AND STRETCH (8-9) | | ZUMBA GOLD (8-9) |
| 8:30 AM | CORE AND MORE (8:30-9) | | CORE AND MORE (8:30-9) | | CORE AND MORE (8:30-9) | |
| 9:00 AM | | BEGINNING YOGA (VINYASA) (9:15-10:15) | | SLO FLO YOGA (9:15-10:15) | | HATHA YOGA (9:15-10:15) |
| 9:30 AM | YOGA STRETCH (9:15-10:15) | | SOUND BATH AND MEDITATION (9:15-10:15) | | BEGINNING HATHA YOGA (9:15-10:15) | |
| 10:00 AM | | CIRCUIT TRAINING (9:30-10:30) NO open use | | CIRCUIT TRAINING (9:30-10:30) NO open use | | |
| 10:30 AM | SILVER SNEAKERS (10:30-11:30) | GENTLE CHAIR YOGA (10:30- 11:30) | SILVER SNEAKERS (10:30-11:30) | GENTLE CHAIR YOGA (10:30-11:30) | SILVER SNEAKERS (10:30-11:30) | TABLE TENNIS (10:30-3:45) |
| 11:00 AM | | | | | | |
| 11:30 AM | | | | | FOLK DANCE FUSION (11:45-12:45) | |
| 12:00 PM | SILVER SNEAKERS BALANCE (12-12:45) | SILVER&FIT (12-12:45) | SILVER SNEAKERS BALANCE (12-12:45) | SILVER&FIT (12-12:45) | | |
| 12:30 PM | | | | | | |
| 1:00 PM | | | LINE DANCING (1-2) | | | |
| 1:30 PM | TABLE TENNIS (1:30-3) | | | TABLE TENNIS (1:30-3:30) | | |
| 2:00 PM | | TABLE TENNIS (1:30-3:30) | | | SOMATICS (2:15-3:15) Prerequisite: Intro to Somatics | |
| 2:30 PM | | | | | | |
| 3:00 PM | | | | | | |
| 3:30 PM | TAI CHI FLOW (3:30-4) | | TAI CHI FLOW (3:30-4) | | TAI CHI FLOW (3:30-4) | |
| 4:00 PM | TAI CHI FLOW TIPS/TRICKS (4:15-4:45) | | TAI CHI FLOW TIPS/TRICKS (4:15-4:45) | | TAI CHI FLOW TIPS/TRICKS (4:15-4:45) | |
| 4:30 PM | | | | | | |
| 5:00 PM | | | | | | |
| 5:30 PM | | | HEALTHFINDERS BOXING (5:30-6:45) Sign up with HealthFinders | | | |
| 6:00 PM | TABLE TENNIS (5:30-7:30) | HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) FREE | | HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) FREE | | |
| 6:30 PM | | | | | | |
| 7:00 PM | | | | | | |
| 7:30 PM | | | | | | |
| 7:45 PM | | | | | | |

INTENSITY KEY:

BLUE – Mid-range

PURPLE - Gentle

PINK – High Intensity

GOLD: No Open Use

VIRTUAL LAND BASED FITNESS CLASSES



INTENSITY KEY:
PINK – High Intensity
BLUE – Mid-range
PURPLE - Gentle

| 2024 VIRTUAL LAND BASED FITNESS CLASSES (updated December) | | | | | | | |
|--|------------------------------------|---|------------------------------------|---------------------------------|-------------------------------|-----------------------------------|-------------------------|
| AVAILABLE THRU ZOOM | | | | | | | |
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
| 6:00 AM | | CARDIO & STRENGTH INTERVALS (6:10-6:50) | | EXPRESS STRENGTH (6:10-6:40) | | | |
| 6:30 AM | | | | | | | |
| 7:00 AM | | | STRENGTH AND CARDIO (7-7:45) | | MOBILITY AND STRETCH (7-7:45) | | |
| 7:30 AM | | | | | | | |
| 8:00 AM | BOOTCAMP (8-9) | STRENGTH TRAINING (8-9) | STRENGTH AND STRETCH (8-9) | CARDIO KICKBOXING (8-9) | STRENGTH TRAINING (8-9) | STRENGTH AND STRETCH (8-9) | STRONG NATION (8-9) |
| 8:30 AM | CORE AND MORE (8:30-9) | | | CORE AND MORE (8:30-9) | | | CORE AND MORE (8:30-9) |
| 9:00 AM | YOGA STRETCH (9:15-10:15) | BEGINNING YOGA (VINYASA) (9:15-10:15) | | | SLO FLO YOGA (9:15-10:15) | BEGINNING HATHA YOGA (9:15-10:15) | |
| 9:30 AM | | | | | | | HATHA YOGA (9:15-10:15) |
| 10:00 AM | | | | | | | |
| 10:30 AM | SILVER SNEAKERS (10:30-11:30) | GENTLE CHAIR YOGA (10:30-11:30) | SILVER SNEAKERS (10:30-11:30) | GENTLE CHAIR YOGA (10:30-11:30) | SILVER SNEAKERS (10:30-11:30) | SILVER SNEAKERS (10:30-11:30) | |
| 11:00 AM | | | | | | | |
| 11:30 AM | | | | | | | |
| 12:00 PM | SILVER SNEAKERS BALANCE (12-12:45) | SILVER&FIT (12-12:45) | SILVER SNEAKERS BALANCE (12-12:45) | SILVER&FIT (12-12:45) | SILVER&FIT (12-12:45) | SILVER&FIT (12-12:45) | |
| 12:30 PM | | | | | | | |
| 1:00 PM | | | CARDIO STRENGTH MIX (1-1:45) | | | | |
| 1:30 PM | | | | | | | |

AQUA FITNESS



COLOR KEY:
GREEN: Class
GOLD: Group Activity (Open Swim allowed)
BLUE: Open Swim

| 2024 AQUA FITNESS CLASSES (updated September) | | | | | | |
|---|-----------------------------------|-----------------------------|-----------------------------------|-----------------------------|-----------------------------------|---------------------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 6:00 AM | OPEN SWIM 6-7AM | OPEN SWIM 6-6:45AM | OPEN SWIM 6-7AM | OPEN SWIM 6-6:45AM | OPEN SWIM 6-7AM | |
| 6:30 AM | | | | | | |
| 7:00 AM | AQUA SUNRISERS 7:15-8AM | EARLY BIRD AQUA 7:00-7:45AM | AQUA SUNRISERS 7:15-8AM | EARLY BIRD AQUA 7:00-7:45AM | AQUA SUNRISERS 7:15-8AM | OPEN SWIM |
| 7:30 AM | | | | | | |
| 8:00 AM | SS AQUA AGELESS 8:15-9:00AM | AQUA YOGA 8:00-9:00AM | SS AQUA AGELESS 8:15-9:00AM | AQUA YOGA 8:00-9:00AM | SS AQUA AGELESS 8:15-9:00AM | OPEN SWIM |
| 8:30 AM | | | | | | |
| 9:00 AM | S&F AQUA FIT 'N TONE 9:15-10:00AM | OPEN SWIM | S&F AQUA FIT 'N TONE 9:15-10:00AM | OPEN SWIM | S&F AQUA FIT 'N TONE 9:15-10:00AM | AQUAFIT 9:00-9:45AM |
| 9:30 AM | | | | | | |
| 10:00 AM | OPEN SWIM | OPEN SWIM | OPEN SWIM | OPEN SWIM | OPEN SWIM | OPEN SWIM |
| 11:00 AM | OPEN SWIM | OPEN SWIM | OPEN SWIM | OPEN SWIM | OPEN SWIM | OPEN SWIM |
| 12:00 PM | OPEN SWIM | OPEN SWIM | OPEN SWIM | OPEN SWIM | OPEN SWIM | FAMILY SWIM 12-2PM AGE 3+ |
| 12:30 PM | | | | | | |
| 1:00 PM | OPEN SWIM | OPEN SWIM | OPEN SWIM | OPEN SWIM | OPEN SWIM | |
| 1:30 PM | | | | | | |
| 2:00 PM | OPEN SWIM | OPEN SWIM | OPEN SWIM | OPEN SWIM | OPEN SWIM | OPEN SWIM |
| 2:30 PM | | | | | | |
| 3:00 PM | OPEN SWIM | OPEN SWIM | OPEN SWIM | OPEN SWIM | OPEN SWIM | OPEN SWIM |
| 3:30 PM | | | | | | |
| 4:00 PM | WATER VOLLEYBALL 4-5:45PM | OPEN SWIM | OPEN SWIM | OPEN SWIM | WATER VOLLEYBALL 4-5:45PM | |
| 4:30 PM | | | | | | |
| 5:00 PM | | AQUA FUSION 5-5:45PM | OPEN SWIM | AQUA FUSION 5-5:45PM | | |
| 5:30 PM | | | | | | |
| 6:00 PM | OPEN SWIM | OPEN SWIM | OPEN SWIM | OPEN SWIM | OPEN SWIM | |
| 6:30 PM | | | | | | |
| 7:00 PM | OPEN SWIM | OPEN SWIM | OPEN SWIM | OPEN SWIM | OPEN SWIM | |
| 7:30 PM | | | | | | |
| 7:45 PM | | | | | | |

FITNESS NEWS

ONE-TIME CLASS



WINTER SOLSTICE RESTORATIVE YOGA 2024

(pre-registration required)

Friday, December 20

6:00-7:30pm

Join Ingrid Freeman for a relaxing, candlelit, restorative yoga class on the evening of Winter Solstice featuring live harp music by the very talented Elinor Niemisto.

Restorative yoga is a passive yoga practice in which you are placed in a shape supported by the various props including bolsters, blankets, blocks and straps.

Following yoga, stay and enjoy some light refreshments as you get to know your fellow yogis.

Instructor: Ingrid Freeman

Capacity: 20

Cost: \$9 nonmbr, \$7 mbr, \$0 plus/platinum



These courses are designed for the driver over age 50 to help discover how roads, cars, and you may have changed since you started driving. Learn eight driving strategies to make you a safer driver. Completion of this AARP Driver Safety course qualifies each student over age 55 (sometimes 50) a certificate redeemable for a discount on auto insurance premiums. Once you take this first-time course, you will then need to take a refresher course every 3 years to continue the discount. Please check with your insurance agent for age qualifications and renewal details. The cost of this class includes fees paid to AARP for the course.

LOCATION: ROOM 103 | **ALL COURSES ARE 4-HOUR**

FEES:

- **\$32 non-AARP Members,**
- **\$27 AARP Members;** AARP Members please register in person or by phone (you will need your AARP member number)
- **\$0 AARP United HealthCare Medicare supplemental plan Members** (does NOT include Advantage plans); Those with an AARP United HealthCare Medicare supplemental plan must register in person (you will need to bring your insurance card to register, and to class)

■ AARP SMART DRIVING

Monday, December 9

9:00am-1:00pm

■ AARP Smart Driving

Monday, January 13, 2025

9:00-1:00pm

■ AARP Smart Driving

Tuesday, February 11, 2025

1:00-5:00pm

■ AARP Smart Driving

Wednesday, March 12, 2025

1:00-5:00pm

■ AARP Smart Driving

Friday, April 18, 2025

9:00-1:00pm

■ AARP Smart Driving

Monday, May 12, 2025

9:00-1:00pm



Cannon Valley Elder Collegium

The CVEC's purpose is to provide a content-oriented study experience for elder students with senior faculty.

**Class registration is still open for some classes
at www.cvec.org www.cvec.org**

ART CLASSES

Online: FiftyNorth.org/classes **Pre-register for all classes:**
In Person: FiftyNorth front desk **Phone:** 507-664-3700

CLASS CANCELLATION POLICY:

We know your time is valuable, and ours is too. Out of respect for our staff, instructors and other clients, we ask that you give us at least 24 hours notice if you need to cancel. If we are able to fill your spot with someone on the waiting list, you will receive 100% refund. If we are unable to fill your spot or if you are a no show you will forfeit your registration fee.



NAPKIN FOLDING Tuesday, December 17 1:00-2:00pm

Napkin folding is an easy way to elevate your tabletop décor. Creative napkin folds serve two purposes: They have a significant impact on the overall design, atmosphere, and visual appeal of your event, and they provide you with an opportunity to bring additional, practical details into your place setting. You will be learning how to fold a tree, a rose and a fan. You will be given step-by-step directions and photo printouts to take home.

Instructors:

Patty Ciernia and Michelle Brant

Capacity: 12

Cost: Free

Space: Room 103



USING HAMMERS TO FORM SHEET METAL

**Tuesdays, January 7, 14, 21
 10:00-12:00pm**

In this series of three, two-hour classes, you will learn the basics of forming light-gauge sheet metal (zinc & copper) using various hammers and blocks (anvils). The first item will be a simple candle holder with a zinc base and a copper sleeve. Second, you will make dishes from either copper or zinc. These may be round bowls, shallow trays or variations of these shapes. Finally, you will make a spoon similar to one designed by Alexander Calder. (Calder was most famous for his mobiles made from wire and sheet metal. He once said: I think best in wire.)

This class will be limited to six enrollees so that each participant will have their own tools and space to work.

During the classes, you will be expected to wear safety glasses and hearing protection. Foam earplugs are available at the Cannon Valley Makers; if you prefer muff-type ear protection you should bring your own. CVM also has a small selection of safety glasses; if you have your own, please bring your own. If you normally wear glasses, they are probably adequate, unless the lenses are very small.

Come prepared to have fun taking out your frustrations pounding on a piece of metal and making some interesting items to keep and use at home. Materials provided.

If you have questions, please contact Dave at 815-341-1548 (text or voice).

Instructor: David Peterson

Capacity: 6

Cost: \$140 non-member, \$130 member

Space: Cannon Valley Makers, 300 Railway St, Dundas, MN

(Gray steel building kitty-corner from the municipal parking lot.)

Transportation is on your own

Registration deadline: January 3



AARP volunteers provide at FiftyNorth free tax preparation of personal income tax and property tax (homeowners and renters) forms for low and moderate-income taxpayers, with special attention to those 60 and older.

Again this year, taxes will be prepared using the **Drop-off Method**. Trained and certified AARP Tax-Aide volunteers will prepare and electronically file individual income tax returns and MN Form M1PR (for Homeowner Property Tax refunds). NEW beginning this tax season: ALL Renters refunds will be processed on MN Form M-1, NOT Form M1PR.

Appointments will be taken at the FiftyNorth Receptionist Desk or by phone (664-3700) beginning **Monday, January 20th** for Tuesday and Thursday appointments from February 11th thru April 10th. Please arrive **15 minutes** prior to your first appointment with your completed Intake/Interview packet which will be available at the Receptionist Desk beginning January 20th. **The packet will NOT be mailed out.** The appointment date for filing ONLY homeowner property tax refunds will be Tuesday, April 15th. (That appointment can be made beginning January 20th also IF the income tax appointment you make is for March 18th or before.) Only taxpayers who file their income tax returns by AARP volunteers can have their homeowner Property Tax form M1PR completed by the volunteers.

Certain types of returns listed below are OUT-OF SCOPE so we cannot do them:

- **SALES OF STOCKS OR MUTUAL FUNDS ON FORM 1099-B OR FORM 8949 WITH MORE THAN TWO LINE ITEMS (I.E. SALES). NO EXCEPTIONS!**
- **SELF-EMPLOYMENT TAXPAYERS WITH EXPENSES.**
- **No taxes withheld from another state OR an obligation to file state income taxes in another state.**
- **No Farm income.**
- **No part-time MN residents. (Full time MN residents only.)**
- **Patronage dividends (Form 1099-PATR – Co-op Distributions) sometimes are out-of-scope BUT are usually in-scope – call the front desk receptionist and ask to be transferred to the tax room to determine.**

1. First appointment (Tuesday) – arrive 15 minutes early. This appointment is scheduled for 45 minutes.

- A. Bring with you your completed Intake/interview packet (complete for EACH tax year if more than one) and all of your tax documents.
- B. Go to the Receptionist Desk and a volunteer (e.g. Tax Client Facilitator) will direct you to the proper place.
- C. A Tax-Aide volunteer will review with you your completed Intake/Interview packet and tax documents, and complete an inventory of the documents you presented.
- D. If you are missing even ONE tax form on the day of your first appointment, we cannot do your tax returns.
- E. You will go home and return two days later for your second appointment.
- F. Your documents will be placed in locked secure storage and returned to you after the second appointment.

2. Second appointment (Thursday) – arrive 15 minutes early. This appointment is scheduled for 20 minutes.

A tax counselor will review your return with you, print you a copy of your return(s), electronically file your returns with the IRS and State of MN, and return to you all your documents.

The Intake/Interview document needs to be completed before you arrive at your first appointment **OR** arrive 30 minutes before your first appointment to complete before your appointment.



USED-A-BIT

HOUSEHOLD & FURNITURE SHOPPES

USED A BIT SHOPPE MANAGER

- Full Time (40 hours per week)
- Starts at \$20 per hour
- Eligible for the following benefits: 401K; health care stipend; paid time off
- Location: River Park Mall in Northfield, MN

FiftyNorth's Used a Bit Shoppe is a retail shop specializing in the resale and repurposing of donated household items and furniture. It produces income for FiftyNorth, Northfield's Senior Center, which offers programs for adults 50+ emphasizing fitness, arts, lifelong learning, wellness, and social activities. All proceeds from the Used-a-Bit Shoppe directly support FiftyNorth.

Description:

- Oversee the day-to-day operations of the Shoppe.
- Supervise the Assistant Manager and Shoppe volunteers.
- Assure the financial well-being of the Shoppe. Set item prices, mark downs, and special sales.
- Determine and set policies and procedures for the Shoppe's daily operations.
- Orient, schedule, and provide direction to volunteers.
- Provide ongoing, appropriate, and effective communication and service to customers.
- Coordinate donation intake during receiving hours.
- Develop ad/social media marketing campaign with FiftyNorth staff.
- Design Shoppe displays and furniture arrangements.
- Coordinate additional customer services to be provided, such as furniture pickup/delivery.
- Work with community agencies whose clients need discounted home furnishings.
- Assure that the Shoppe is a clean and safe environment.
- Provide back-up for cashier and volunteer roles as needed.
- Open and close the Shoppe as needed.
- Complete other duties as assigned and as necessary to accomplish day-to-day tasks.



Qualifications:

Creative, enthusiastic, customer-service oriented, self-starter.
 Ability to multi-task in a busy environment.
 Ability to make quick decisions and direct staff/volunteers.
 Desire to work with older adult volunteers.
 3 to 5 years of experience in similar position.

Ready to apply? Send your cover letter and resume to:

Kerry Hjelmgren, Executive Director
kerry.hjelmgren@fiftynorth.org

2024 YEAR IN REVIEW



GROOVIN' & MOOVIN' 60'S CELEBRATON DANCE



POPCORN WAGON on bridge square



PEDALERS GROUP: Redwing



TRIP: New Ulm



EXPLORING OIL & COLDWAX



RICE CTY HISTORICAL: History of Indigenous Peoples of Rice Cty



ALIVE & KICKIN' CONCERT



VALENTINE DINNER MAGIC SHOW



History Group tours Maggie Lee Exhibit



TRIP: US Bank Vikings Stadium Tour



SCANDANAVIAN FOLK DANCE



MEMBER TRAVEL TALK: JeJu Trail



COURTYARD COFFEE CREW



INTERGENERATIONAL KNITTING CLASS: Diane Pearsall's Carleton College and FiftyNorth members



TRIP: State Capitol



AUTHOR TALK: Pioneer Women by Jeff Sauve and readers



COOKING CLASS: Let's Get the Party Started



CORE & MORE FITNESS CLASS: Craig's T-shirt surprise



2024 DJJD PARADE FLOAT



YOGA IN THE COURTYARD



SUNDOWNER'S CARSHOW IN THE PARKING LOT



CAPSTONE BAND CONCERT EVENT



VINTAGE FASHION SHOW

MEMBER SERVICES



FAMILY SERVICE CAREGIVING CONSULTANT
Thursdays, 11:30-12:30am
And
Family Service Caregiving Consultant
Thursdays, 1:00-2:00pm
(NO CONSULTING DECEMBER 26)

Kathy Voss
Certified Caregiving Consultant
Family Service Rochester
 1625 Hwy 14 East
 Rochester, MN 55904
 507-218-3275
www.familyservicerochester.org

CAREGIVER SUPPORT GROUP
2nd Thursdays of the month
1:30-3:30pm

Join our monthly Caregiver Support group at FiftyNorth. Learn, share, listen, laugh and gain strength and understanding alongside other care partners. Kathy Voss, Caregiver Support Specialist, facilitates the discussion.
Facilitator: Kathy Voss, Caregiver Support Specialist
Capacity: 20
Cost: Free
Space: Generally, Room 103, but check daily schedule



MAKING SENSE OF MEDICARE
Mondays, Wednesdays, Fridays
October 16 – December 6
9:30-2:30pm

Medicare's Annual Enrollment Period
 October 15 - December 7

Whether new to Medicare or questioning your current plan, receive assistance from licensed local and independent insurance agent Sandra Robertson.

Space: FiftyNorth Gallery Link area
 Available for help with:
 ~Multiple Plan options/multiple carriers to fit your needs and budget.
 ~Plan analysis and review
 ~Assistance in enrolling when eligible
 ~No cost or obligation
 Stop by or call for appointment.
Sandra Robertson, licensed Insurance Agent, # 20381956,
Phone: 952-484-5723
sandra@sigbrokers.com



MINNESOTA'S LINK TO A LOCAL EXPERT

TECH SUPPORT
2nd Tuesdays of the month
9:30-11:30am



Richard DeBeau, longtime FiftyNorth member will be available to assist members who have questions about their computers, laptops, cell phones, iPads, cameras, or similar devices. He has twenty years of experience building computers as a hobby and have installed Windows and Linux systems on his home computers. He has limited experience with Apple desktop computers. If Richard is not able to solve a problem, he will have suggestions for finding help.

Consultant: Richard DeBeau
Space: Room 104

NEIGHBORS HELPING NEIGHBORS AT FIFTYNORTH
4th Wednesdays of the month (No December consults)
11:00-2:00pm

Anne Pleskonko from Neighbors Helping Neighbors (NHN) will be available to meet in the consult room across from the FiftyNorth offices. Stop in and find out more about the program. The goal is to provide support to keep older adults independent in their homes for as long as possible. Services such as: Grocery Shopping, Handywork, housekeeping, Lawn Care, Respite Care, Seasonal Snow Removal, and Transportation. These services have a sliding scale fee based on your household income.

Consultant: Anne Pleskonko, NHN
Space: Consult Room

THREE RIVERS COMMUNITY ACTION OLDER ADULT SERVICES SPECIALIST

3rd Wednesdays of the month
12:30-2:30pm

Location: Consult Room

Come in and meet Sarah Kuball, a Three Rivers Community Action Older Adult Services Specialist. Older Adult Services assist individuals aged 60 and older and their families with information, referrals, and resources that allow persons to remain healthy and independent in their homes and communities.

TRAVEL GROUP

In the event you have to cancel out of a trip, you will not receive a refund, unless someone is able to go in your place. If you are not on the bus within 10 minutes of the departure time on the return trip home, you will be responsible for finding your own ride back to FiftyNorth. If you wish to go on a trip and find that it is out of your price range, please inquire in the office about a scholarship.

NOTE: *Trip leaders are unable to provide assistance to anyone that has limited mobility or that uses a wheelchair. Please arrange to have a friend or PCA pay/register to go with and assist you.

Please indicate on your registration form if you need seating in a handicap section.



TRIP: THE BRANDENBURG CONCERTOS - ST. PAUL CHAMBER ORCHESTRA
Sunday, December 15
12:15-5:00pm

A very special holiday concert you don't want to miss. As a ticket holder, you may anticipate a transcendent performance of J.S. Bach's seasonal masterpieces, the Brandenburg Concertos (6), with our own illustrious St. Paul Chamber Orchestra at the beautiful Ordway Theater in St. Paul.

These six concertos were composed prior to 1721 featuring various combinations of solo instruments so that each becomes a unique treat to the concert goer's ear. Taken as a whole, most musicologists regard them "as some of the greatest orchestral compositions of the Baroque Era."

Trip Leader: Bob Sullivan | **Capacity:** 30 | **Cost:** \$75
Registration deadline: December 13

TRIP - GREASE AT CHANHASSEN DINNER THEATRES
Wednesday, February 26
9:30-4:30pm

Greased-back hair and leather jackets, ponytails and poodle skirts, fast cars and rock-n-roll. Grease is back at Chanhassen Dinner Theatres! Experience the nostalgia of high school in the '50s – peer pressure, love, and teenage life set against the campy backdrop of Rydell High! Discover the drama, comedy, and pop-culture satire that has made Grease one of the most popular productions of all time! Don't forget the music, with songs like "Summer Nights," "We Go Together," "Greased Lightnin'," "Beauty School Dropout" and so many others, including the hits you love from the movie. Have fun as you groove and bob along!



Trip Leader: Norma Monroe
Capacity: 31
Cost: \$130
Registration deadline: January 28



TRIP - Minnesota Frost vs. Toronto Sceptres
Sunday, March 30
10:30-3:30pm

The Minnesota Frost is a professional women's ice hockey team based in Saint Paul, Minnesota. It is one of the six charter franchises of the Professional Women's Hockey League. The Frost host games at the Xcel Energy Center. In 2024, the Frost won the PWHL's inaugural Walter Cup championship.

Join us as we cheer on Minnesota's newest Pro sports team. The puck will drop at 12:00. There will be time prior to the game to visit the concession stands. All food and beverages will be on your own.

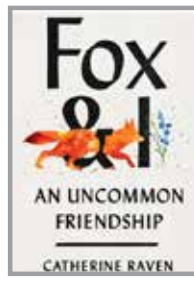
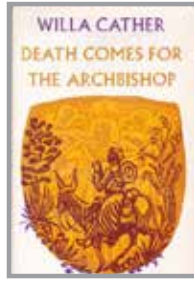
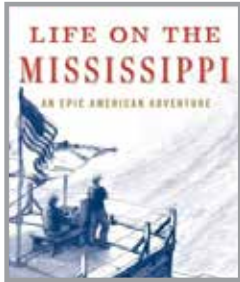
Capacity: 20
Cost: \$90
Trip Leader: Michelle Brant
Registration deadline: March 20

BOOK GROUP

The Book Club meets the 2nd Friday of the month at 10:30. May participate via Zoom. Questions: call Katherine Collman at (507) 645-1357.

DECEMBER 2024 - No book for December

We will meet to share book titles we recommend.



JANUARY 2025

LIFE ON THE MISSISSIPPI by Rinker Buck

FEBRUARY 2025

A BURNING by Megha Majumdar

MARCH 2025

FOX AND I by Catherine Raven

APRIL 2025

DEATH COMES FOR THE ARCHBISHOP by Willa Cather

GROUP CALENDAR

| GROUP ACTIVITIES | Day | Time | Location |
|---|---------------------------|-----------------|----------------|
| ARTS / CRAFT - Art Club | Wednesdays, 2nd & 4th | 1:30-3:30pm | Room 105 |
| ARTS / CRAFT - Hook, Yarn & Needle | Tuesdays | 1:00-3:00pm | Room 105 |
| ARTS / CRAFT - Photography Group | Fridays, 4th | 9:30-11:30am | Room 106 |
| ARTS / CRAFT - Storytelling | Mondays, 2nd | 9:30-11:30am | Room 104 |
| CARDS - "Chat" Bridge | Wednesdays | 9:30-12:00pm | Room 104 |
| CARDS - 500 | Fridays | 12:30-4:00pm | Room 104 |
| CARDS - Cribbage | Thursdays | 12:45-4:00pm | Room 106 |
| CARDS - Double Deck Pinochle | Mondays | 12:15-4:00pm | Room 104 |
| CARDS - Duplicate Bridge | Tuesdays | 12:30-4:00pm | Room 104 |
| CARDS - Euchre | Tuesdays | 12:30-4:00pm | Room 106 |
| CARDS - Sanctioned Duplicate Bridge | Thursdays | 12:00-4:00pm | Room 104 |
| CARDS - Social Bridge | Wednesdays | 12:30-4:00pm | Room 104 |
| GAMES - American Mahjongg | Fridays | 1:00-3:00pm | Room 106 |
| GAMES - BINGO | Mondays, 3rd | 1:00-2:00pm | Room 103 |
| MISC - Book Club | Fridays, 2nd | 10:30-12:00pm | Room 102 |
| MISC - History Group | Fridays | 10:30-12:00pm | Room 104 |
| MISC - Reading With 5th Graders - ON BREAK | Varies | 11:50-12:20pm | Multiple Rooms |
| MISC - Rock Talk - ON BREAK | Mondays, 2nd | 10:30am-12:30pm | Gallery Link |
| MUSIC - Chime Choir | Thursdays | 9:30-10:45am | Room 103 |
| MUSIC - Troubadours Men's Choir | Tuesdays | 9:00-11:30am | Room 103 |
| MUSIC - Ukulele Orchestra and Assorted Strings | Wednesdays, 1st, 3rd, 5th | 1:00-3:00pm | Room 103 |
| MUSIC - The Band Practice | Mondays | 4:00-5:00pm | Room 103 |
| MUSIC - Seasoned Singers | Varies | Late afternoon | Room 103 |
| FITNESS GROUPS | | | |
| Table Tennis | Mon, Tue, Thur, Sat | Check Schedule | Fitness Studio |
| Pickleball - ON BREAK | Tuesdays & Thursdays | 8:00-9:00am | Lions Park |
| Nordic Walking - ON BREAK | Fridays | 10:45-11:30am | Courtyard |
| Water Volleyball | Mondays & Fridays | 4:00-5:45pm | Pool |
| Softball Practice | Thursdays | 10:00-12:00am | Sechler Park |
| Softball Games | Tuesdays | 10:00-11:00am | Sechler Park |
| Pedalers & Walkers | Mondays & Wednesdays | Mornings | Varies |
| Walking Group - ON BREAK | Mondays | 9:00-10:00am | Careton Arb |



BINGO!!!

3rd Monday of the month - DECEMBER 16
1:00-2:00pm
Location: Room 103

Join us for a fun-filled hour of a various Bingo games including postage stamp, four corners, etc... with a guest host Bingo Caller

\$1 Group Fees apply

Sponsored by: Elysian Senior Homes
elysianofnorthfield.com
(507) 301-3737



"TAKE A SHOT AT THE PHOTOGRAPY GROUP!"

Drop by at one of the monthly meetings!

PHOTOGRAPHY GROUP

DECEMBER MEETING CHANGE OF DATE

The photography group will meet on Friday, December 20th from 9:30-11:30. They will resume the 4th Friday of the month in January.

VOLUNTEER

WITH RICE COUNTY HABITAT FOR HUMANITY



BUILD HOPE WITH HABITAT FOR HUMANITY!

Volunteers Needed! Join us as we build 6 homes in Faribault! No experience is necessary—just a heart ready to help.

Lunch Providers: Help fuel our team by providing a hearty meal. Plates, utensils, and drinks are on us!

Every volunteer helps create a stronger community! Sign up or learn more at habitatricecounty.org or contact Jodi at jodihabitat@gmail.com.

Thank you,

Jodi Wagner
 Community Engagement Coordinator
 Rice County Habitat for Humanity
 507-403-7868
habitatricecounty.org



THE NEW FURNITURE/ART SHOPPE



Support our FiftyNorth Used-A-Bit Shoppes this Holiday Season!

The Used-A-Bit Shoppe has two locations.

Furniture/Art store and the Home-goods store. They are located next door to each other.



624 Water Street, River Mall ■ 507-645-1399
 HOURS: Tuesday–Saturday: 10am–5pm ■ Sunday & Monday: Closed

OCTOBER DONORS THANK YOU FOR YOUR SUPPORT!

Our sincere gratitude to all who have donated. We couldn't even come close to doing what we do without your support — *thank you!*

| | |
|---------------------------------|--------------------------------|
| Karen Achberger | Gary & Arlene Kruse |
| David Appleyard | Myron Lanoue |
| Nancy Ashmore & Kenneth Wedding | Leone Larson & Tom Moen |
| Bernard & Mary Auge | Greg Loek & Kathleen Rice |
| Lois Bakko | Tom & Nancy Loesch |
| Judith Bond | Carol Marshall |
| George & Catherine Brophy | Janet Mathews |
| Judy Broske | James & Angie Mayr |
| Gene & Darlene Broughton | Mike & Ann McGovern |
| Warren & Karen Broughton | Elaine Meyers |
| Mary Brown | Neil Lutsky & Irene Montenegro |
| Bernice Christensen | Bill & Pat Nelson |
| Eileen Cooper | Elizabeth Olson |
| Neil & Marilyn Deden | Roberta Persons |
| Winnie Drentlaw | Carol Rutz |
| JoAnn Edwardsen | Jerry & Jane Skluzacek |
| Chris Ellison | Kenneth & Sharon Steinhouse |
| Carol Emery | Vic & Dot Swanson |
| Beth Endert | Craig Swenson |
| Stephanie Frey | Allan & Nancy Swenson |
| Marie Gery | Judith Tarabek |
| Mac & Jacquelyn Gimse | Dale & Rose Turnacliff |
| Dennis & Janet Hahn | Anne Ulmer |
| Dorothy Hammer | Linda Wagenbach |
| Kerry Hjelmgren | Patricia Warner |
| Richard & Donna Jackson | |
| Georgene Johnson | |
| Pat Johnson | |
| Ruth Johnson-Wirth | |
| Steve & Ann Jorstad | |
| Patricia Jorstad | |
| Joni Kilde | |



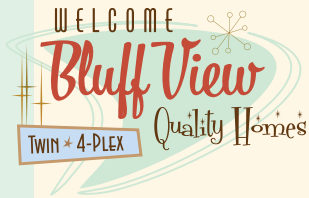
Donate now!
Scan with your
smartphone!

**October, 2024
Total Membership:
2,094**

**OCTOBER
NEW MEMBERS
GLAD YOU'RE HERE!**

Welcome!

Mike & Sandra Ahrens,
Brian & Cheryl Boesche,
Sandra Coats,
Steve & Andrea Frank,
Connie Hehling,
Daniel Kellman,
Kathy Kraemer,
Fred LaMarche,
Owen Mibus,
Margaret Moore,
Sujata Owens,
John & Martha Paas,
Collene Rognlie-Klick,
Mary Saunders,
Frances VanHouten,
Barb Vosejka,
Peggy Weaver,
Lisa Wolkenhauer



**NEW MODEL HOME
COMING SOON!**
202 Ford Street East
Northfield, MN

Johnson-Reiland is excited to have you check out this new community of twinhomes and 4-plex homes built with quality construction. Many lots are available in this ideal location for those looking to downsize or transition to single-level living.



KRAEWOOD

MODEL HOME:
604 Kraewood Drive
Northfield, MN

Heavily wooded lots that are just a short walk to colleges and downtown. The new energy efficient model home has main floor living, three bedrooms, two baths, laundry/mud room, spacious foyer, an open floor plan, workshop area, unfinished basement and deck.



Call Today!



jrbr.builders

507.366.1288

Builders ID BC636389

THE NEIGHBOR LADY

Let me do that for you.



Non-medical In-home Senior Care

Companionship • Light Housekeeping

• Tech Support • Errands •

Stacey Greer

theneighborlady.com • 612-839-2286

Serving Northfield and Cannon Falls communities

8:00-9:30 am



Room 105 at
FiftyNorth

OMELETS, made to order every week, plus a muffin or fresh baked bread

- 1 egg omelet – one cup of toppings included — \$7.50
- 2 egg omelet – one cup of toppings included — \$10.50

CREPES, WAFFLES, FRENCH TOAST

- 1st and 3rd weeks of the month –
CREPES with bacon, fresh fruit, cheese — \$10.50
- 2nd and 4th weeks of the month –
WAFFLES with sausage, fresh fruit, cheese
✓ 1/2 waffle: \$7.50 ✓ 1 waffle: \$10.50
- 5th week of the month –
FRENCH TOAST with ham, fresh fruit
✓ 1 piece: \$7.50 ✓ 2 pieces: \$10.50
- 5th week of the month - QUICHE with fresh bread, muffin, or toast — \$10.50

www.FiftyNorth.org

1651 Jefferson Pkwy, Northfield, MN 55057



FiftyNorth and its programs are made possible in part through financial contributions by the City of Northfield.

STAFF DIRECTORY

Director:

Kerry Hjelmgren
507-664-3701 | kerry.hjelmgren@fiftynorth.org

Assistant Director/Fitness Coordinator:

Craig Swenson
507-664-3702 | craig.swenson@fiftynorth.org

Operations and Membership Manager:

Elaine Meyers
507-664-3703 | elaine.meyers@fiftynorth.org

Program Coordinator: Lifelong Learning/ Community Outreach

Patty Ciernia
507-664-3709 | patty.ciernia@fiftynorth.org

Program Coordinator: Arts/Volunteer/Dining

Michelle Brant
507-664-3707 | michelle.loken@fiftynorth.org

Used-A-Bit Shoppe Manager:

Dolores Kornkven
507-645-1399 | dolores.kornkven@fiftynorth.org

Used-A-Bit Shoppe Assistant Manager:

Deb Olien
507-645-1399 | deb.olien@fiftynorth.org

Bookkeeper:

Andrea Turini
507-664-3700 | accounting@fiftynorth.org



Front Desk (Reception Staff):

Phone: 507-664-3700 | Fax: 507-664-3720
Brenda Bultman, Bonnie DuPay, JoAnn Edwardsen,
Beth Endert, Cathy Graff, Pat Nelson, Jane Persons,
Pam Toepper



Lobby Hours:

Monday–Friday: 6am–8pm
Saturday: 7am–4pm
Sunday: Closed



Fitness Center Hours:

Monday–Friday: 6am–8pm
Saturday: 7am–4pm
Sunday: Closed



Pool Hours:

Monday–Friday: 6am–8pm
Saturday: 7am–4pm
Sunday: Closed



Used-A-Bit Shoppe: (Donations by appointment)

624 Water Street, River Mall, 507-645-1399
Tuesday–Saturday: 10am–5pm
Sunday & Monday: Closed

View newest information online: fiftynorth.org

Follow FiftyNorth and Used-A-Bit on Facebook!